



COOKING = FUN AND LEARNING

ENRICHMENT CLASSES TO SUPPORT
21ST CENTURY LEARNING CENTER GOALS

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WHY A COOKING ENRICHMENT PROGRAM....



- At Dunbar we have learned that providing cooking experiences has enhanced learning and has engaged students in other areas.
- •Cooking improves cross-disciplinary skills, such as students' ability to follow directions, teamwork, patience, and self-control.
- •Cooking reinforces reading, mathematics, and science skills. When students read and follow directions to prepare a recipe, they practice reading skills such as numeral, symbol, and word recognition; apply math skills such as counting, measuring, and understanding time; and learn about science skills including observing temperatures and predicting outcomes.
- •Cooking provides students with opportunities to develop, practice, and demonstrate

“Cooking with kids is not just about ingredients, recipes, and cooking. It's about harnessing imagination, empowerment, and creativity.”

- *Guy Fieri*



THE COOKING PHILOSOPHY TO SUPPORT STANDARDS OF LEARNING

Cooking programs allow students to use the concepts taught in Math, Reading and Science to have real life applications. This will:

- Make the concepts tangible, something they can touch, use, and understand.
- Improves ability to follow directions.
- Encourages teamwork, patience, and self-control.



MEETING 21ST CENTURY LEARNING CENTER GOALS



- **English and Math SOL scores increased at the school, and failure rates decrease for students participating in 21st Century Programs.**

Cooking Enrichment is offered the opposite day of the classroom instruction day. This allows Enrichment teachers to work with after school instructional reading and math teachers to develop step by step lessons. What the students learn in the instructional classroom on Monday and Wednesday are shown through enrichment on Tuesday and Thursday.

- **Family Engagement increases at the school and in the student's learning activities.**

With the Cooking Enrichment class, families have the opportunity to sample the cooking projects completed by the students. The student's have the opportunity to write their own family cook book with their families, that use the standards of learning concepts they learn in their reading and math classes.

WHAT IS THE TEACHER'S RESPONSIBILITY?



- Communicate on a regular basis with the instructional teachers that work with students Monday/Wednesday After School
- Develop lesson plans/ recipes that include recipes to reinforce math, reading, and science concepts.
- Create a supply list each week for the coordinator for the purchase of food and supplies.
- Understand basic concepts of a safe and healthy kitchen from USDA guidelines.
- Create a fun and interactive after school class, which lasts 1 hour and 20 minutes twice per week.

WHAT DOES THE COOKING CLASS LOOK LIKE?

Imagine, a big family surrounded in the kitchen with a parent cooking dinner....



The differences

- The 'parent' in this scenario is a teacher that has planned around a SOL standard to help their 'children' develop their math, science, and reading skills.
- The 'children' are not just helping with dinner, but are actually cooking and preparing based on their knowledge with guidance from the 'parent'

OTHER IMPORTANT THINGS HAPPEN AROUND FOOD

Reinforcement of Character traits essential to development

1. Responsibility
2. Caring
3. Respect
4. Teamwork

Reinforces health lifestyles

1. Students understand the importance of food preferences and intake of calories and other nutritional facts

It's FUN

1. Laughing
2. Social interactions



WANT MORE INFORMATION?

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